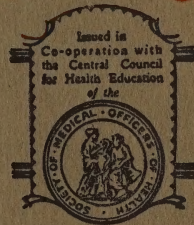
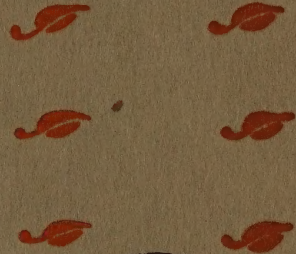


Wesleyan and General
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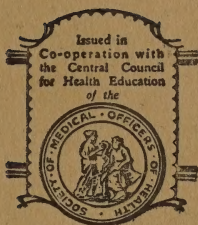
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FIRST AID



Issued by the Health Service Bureau,
WESLEYAN & GENERAL ASSURANCE SOCIETY,
BIRMINGHAM.

FIRST AID.



Prevention of Sickness and Accidents.

"PREVENTION IS BETTER THAN CURE."

The object of this little book is to help, by the aid of its contents, to **prevent** sickness and accidents, and more especially their complications. For example :—A neglected cut or abrasion may develop septic poisoning and yet with right treatment this might quite easily have been avoided.

Health is our greatest asset, and to be efficient we must be well. The right way to keep well and strong is to do everything we can to prevent sickness and accidents. Most of us know a good deal about how to take care of ourselves. For instance: We should keep away from anyone who has a contagious disease, for, besides the immediate ill effects, such diseases often pave the way for more serious sickness afterwards. Remember, it is easier to prevent sickness by taking due precautions than it is to cure disease once it is established—this is the essence of modern preventive medicine.

SERIOUS ACCIDENT OR ILLNESS.

In a case of serious accident or illness a doctor should be sent for immediately. Don't try to experiment on yourself, or anyone else, with various kinds of remedies. Delay may lose valuable time and result in such serious illness that it is impossible to cure. Injuries of the head and abdomen are especially serious. The onset of an illness with severe pains in the stomach is dangerous and requires skilled aid at once, and so is the case of an illness which comes on suddenly with high temperature and

prostration. High fever with the outbreak of an eruption of the skin often means a contagious disease. A severe sore throat may really be a case of diphtheria and requires skilled medical advice and treatment at once.

FIRST AID.

Our aim is to render immediate temporary assistance in a case of accident or sudden illness until a doctor can be called. We should recognise that it may mean the saving of a life or a limb if the first aid we render is efficient.

MINOR INJURIES AND ACCIDENTS.

Accidents are more common in the home and factory than is generally realised and it is on this account that we should know more about them, how to prevent them, and how to treat them when they do arise. To render first aid to the common injuries is, as a rule, very simple. The main principle to bear in mind is whether the skin is broken or not. If the skin is broken by the injury, the resulting wound needs to be sterilised by the application of an antiseptic, such as iodine (to kill the germs) and so prevent the danger of infection of the wound or blood-poisoning.

WOUNDS.

SIMPLE WOUNDS AND ABRASIONS should be mopped dry with a little gauze or lint and then painted with iodine, if you have it (if not, use methylated spirits or Condy's Fluid). This will disinfect all parts of the wound. Do not wash the wound before applying the iodine. Then place over the wound a dressing (*i.e.*, a covering to protect it), consisting of a pad of lint or gauze held in place with a bandage or handkerchief.

DEEP WOUNDS—BLEEDING.—In all cases of serious wounds a doctor should be sent for at once.

Serious bleeding from a wound must be stopped at all costs or death may occur.

Bleeding may arise from—

- (i.) THE CAPILLARIES.—The blood oozes slowly and is easily stopped by the pressure of a pad of lint and a bandage.
- (ii.) THE VEINS.—The blood wells out of the wound in a slow stream, which is also easily arrested by the pressure of a pad of lint and a bandage aided by raising the limb above the level of the heart.

Varicose veins of the leg occasionally rupture causing alarming bleeding, but this is quickly controlled by raising the limb high up and the application of a large pad of lint and a bandage, after removing all bands, *i.e.*, garters, from around the limb.

- (iii.) THE ARTERIES.—The blood spurts out in a bright red jet with each beat of the heart, and is stopped by *pressure* applied between the heart and the bleeding point, or by pressing with the fingers on the bleeding point in the wound.

In the limbs we aim at pressing, with the fingers, the artery against the bone of the limb. See Figure I. "Pressure applied with the fingers to the artery of the arm to stop bleeding." In the arm we squeeze the artery against the bone opposite the middle of the upper arm, just on the inner side of the big muscle known as the biceps or "the blacksmith's muscle." In the leg we press backwards high up on the front of the thigh, midway between the point of the hip and the centre of the crotch.

The artery is squeezed against the bone in these situations until a tourniquet is applied to the limb. See Figure II. "Pressure applied with a tourniquet to the artery of the arm to stop bleeding." This consists in a pad (a stone, wrapped in a handkerchief, or a ball of wool act as an efficient pad) placed over the artery, with a strong handkerchief tied in a loop and placed over the pad and encircling the limb. Within the loop of the handkerchief a ruler, pencil,



FIG. 1.

PRESSURE APPLIED WITH THE FINGERS TO THE ARTERY OF THE
ARM TO STOP BLEEDING.

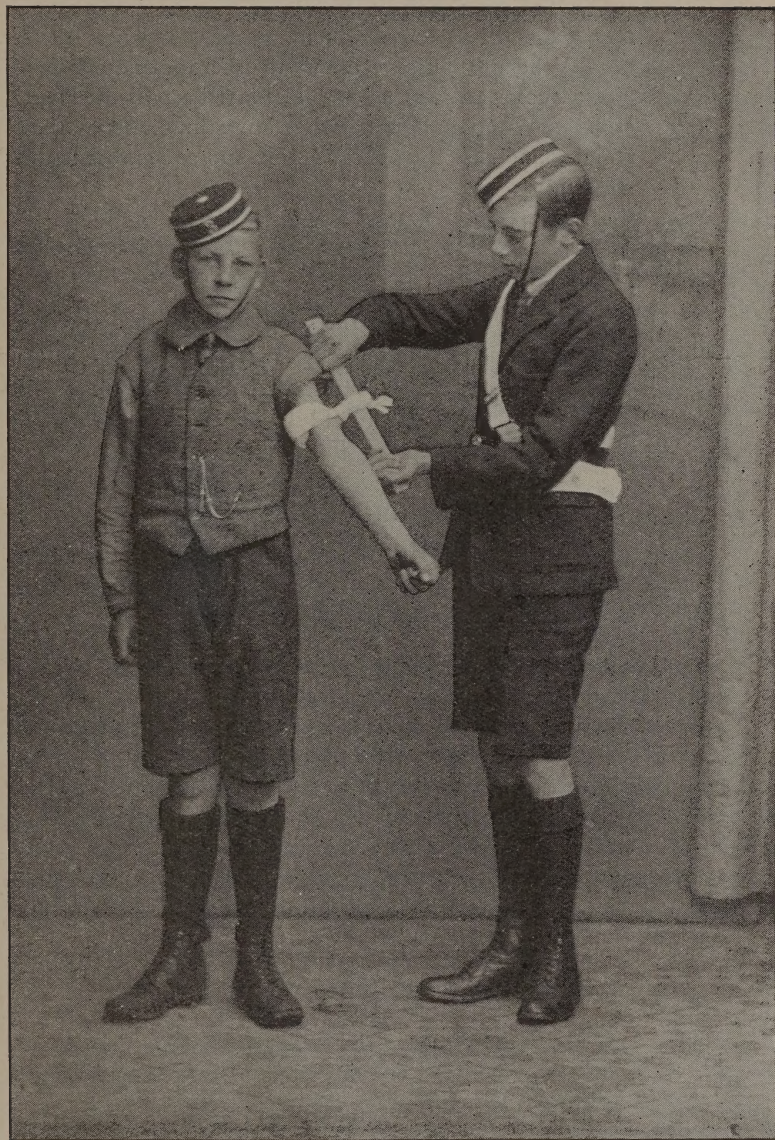


FIG. 2.

PRESSURE APPLIED WITH A TOURNIQUET TO THE ARTERY OF THE
ARM TO STOP BLEEDING

knife, or walking stick is placed, and twisted round and round until it presses the pad down on the artery and so checks the bleeding.

Whenever it is necessary to use a tourniquet, send for a doctor as soon as possible, lay the patient down, raise the limb, and do not give any stimulants, as they tend to increase the heart's action and so aggravate the bleeding.

STINGS OF INSECTS.—Poisoned wounds may be caused by stings from insects, *e.g.*, wasps, bees, midges, &c.

TREATMENT.—Squeeze out the sting with a watch key and counteract the poison by bathing in and applying ammonia water, or strong solution of table-salt water, or washing soda, or paint with iodine, then cover with lint or gauze and a bandage to prevent infection of the wound from germs.

BURNS AND SCALDS.

Burns are caused by dry heat and scalds by moist heat. In both cases the injury may be slight or very severe. In severe cases remember the great danger is shock.

FIRST AID AND TREATMENT.—All clothing should be carefully cut away and the injured areas protected from the air by covering with strips of lint or linen, spread over with vaseline (or boric ointment, or carbolised vaseline) or any grease such as lard, or even cream, and held in place with bandage or handkerchief. Treat the shock by laying the patient down flat, well cover with blankets, and apply hot water bottles or hot bricks to the feet and raise the foot of the bed a few inches. In severe and extensive burns or scalds no time should be lost in sending for a physician.

What to do when the clothes catch fire:—

- (1) Lay the patient flat on the floor at once; running about agitatedly fans the flames, which tend to burn upwards towards the mouth, face, and neck.
- (2) Smother the flames by wrapping the patient up in a coat, rug, towel, mackintosh, blanket, &c.

DROWNING.

As soon as the patient has been removed from the water, and without losing a moment, try to start the breathing again. Breathing may be produced artificially by means of certain movements until the patient has sufficiently recovered to breathe of his own accord. This artificial respiration should be commenced *at once*.

METHOD.—Lay the patient face down with a folded coat beneath the pit of the stomach and clear the mouth and air passage with a finger. Place one forearm under the forehead to allow water to drain out of the mouth and air-ways as well as to allow the tongue to fall forward clear of the windpipe, and turn the head to one side, to keep the mouth from the ground. Now kneel astride the patient, opposite his hips, facing his head. Place the palms of your hands on his lowest ribs, with fingers well spread out over the ribs. Next swing yourself forwards, with your arms stiff, allowing your weight to rest on the patient's back; now swing back again quickly, taking all your weight off the patient's chest—this allows air to enter the lungs.

Repeat these movements 16 to 18 times a minute, to imitate normal breathing. This artificial breathing may have to be kept up, without a break, for an hour or longer, and it is well to have a second person to relieve you. When the patient commences to breathe again naturally, you must watch him closely, as he may stop again, when you must help him with a little more artificial respiration. When he is breathing well again, wrap him in blankets, rub his limbs upwards towards the trunk, surround him with hot-water bottles or hot bricks, and get him to bed. When he can swallow properly, give him a little hot tea or coffee.

GAS POISONING.

First of all remove the patient to the fresh air; loosen all tight clothing. Splash cold water over the face, arms and chest, and then, without waste of time, try to start breathing again by performing artificial respiration.

ELECTRIC SHOCK,

Such as produced by lightning, or currents from dynamos and "live" wires of trains or trams. At first, remove the patient from danger, then re-start normal breathing by performing artificial respiration, and then treat the shock by promoting warmth and circulation.

CHOKING

Is produced by something. *e.g.*, food, artificial teeth, &c., becoming lodged in the throat, blocking the airway. Try slapping the back vigorously to dislodge the object, or it may be necessary to do this with the patient upside down. Should these measures fail, try hooking the object out from the back of the throat with a forefinger.

CONCUSSION,

Such as produced by a fall on the head, may vary from "stunning" to unconsciousness. In severe cases the patient lies immobile on his back, with closed eyelids, shallow breathing, and with a slow, weak pulse. Get the patient to bed, don't give any stimulants, and send for a physician, as there may be a fracture of the skull as a complication.

POISONING.

If a person is taken suddenly ill with vomiting and severe pains in the stomach, the possibility of poisoning should be thought of. The bottle or glass from which the poison has been taken may be produced. If there is no evidence of burning of the mouth and lips, try to make the patient vomit by giving him salt and water, mustard tea (one teaspoonful of mustard in a tumbler of luke-warm water), copious drinks of luke-warm water, or try to make him vomit by tickling the back of the throat with a finger or feather. Send for medical aid at once, and name the poison if possible.

If there is any burning of the lips and mouth—ascertain if an acid poison has been taken, then give alkalis, *e.g.*, lime water, magnesia, or chalk in water; if an alkali poison, give an acid, *e.g.*, vinegar or lemon juice in water.

SPRAINS.

A sprain is a wrench of a joint due to a sudden twist or pull. The injury is in the cords (or ligaments) around the joint. There is swelling around the joint, and pain, increased by movement. The bones are not broken, nor is the head of the bone out of its place. If there is any doubt, let a doctor see the injury.

TREATMENT.—Apply cloths or strips of flannel wrung out in cold water (iced water for preference) and raise the injured joint. Re-apply the wet cloths frequently for several hours. Instead of them an ice-bag may be used for a day. If the injury is of the lower limb, the patient should not be allowed to walk, and the joint must be kept at rest.

BRUISES.

In severe bruises, raise the limb and keep it at rest. Apply cloths wrung out in iced water held in place by a fairly firm bandage to reduce the swelling and pain. When the inflammation is subsiding, apply a firm bandage and massage the part daily.

STRAINS.

A strain is a similar injury to a sprain, but the injury here is in the muscles. Keep the limb at rest and apply massage to the part, *i.e.*, rubbing the limb upwards towards the body. When the pain is subsiding, deeper and firmer massage may be used.

FRACTURES OR BROKEN BONES.

The ends of a broken bone are jagged and sharp, and they may damage the surrounding parts if the limb is bent and moved about at the site of the fracture, hence a fracture should be handled gently lest the end of the broken bone should be pushed through the skin.

Broken bones, or fractures, are of two kinds:—Simple and Compound.

- (i.) The bone only is broken and skin is intact = Simple.

(ii.) The end of the broken bone sticks through the skin = Compound.

In this case we have a wound which should be treated first, and the fracture attended to afterwards.

What are the signs of a broken bone ?

The patient will tell you that he has received a blow or a fall, and perhaps that he felt the bone break.

He is unable to move the limb which is fractured, and there is swelling, tenderness, and pain over the fractured point, whilst the limb is deformed, *i.e.*, altered in shape or shortened. It may be possible to feel the break in the bone with the finger, and if the limb is moved it "gives" at the fracture, whilst you may feel, or the patient may feel, the two ends of the bone grating together.

FIRST-AID TREATMENT.—The main object is to prevent the ends of the bone from going through the skin, and so prevent a simple fracture becoming compound, because a compound fracture is much more dangerous to life. With this object in view, therefore, we must keep the limb from bending at the seat of fracture, and before attempting to move the patient we must set the fracture and hold it in position with splints. We have to get the broken bone in the same position it had before the fracture by pulling it gently into place, and taking care that the broken ends of the bone do not cut through the skin. When we have got the broken bone into position (compare it with the sound side), it is held in place by applying splints. A second person is required to help apply the splints, one to keep the bones in position whilst the other holds the splints and bandages them in place. Splints may be improvised of anything handy, *e.g.*, pieces of wood (of a box), cardboard, sticks, folded newspapers, walking-sticks, broom handles, &c., &c., but flat boards are best. Padding of some soft material, such as scarfs, mufflers, strips of blanket, cotton waste, &c., is necessary under the splints. Tie the splints in position with bandages, handkerchiefs, strips of cloth, neckties, rope, twine, &c. Wind the strips or lengths of bandage round splints, padding and limb, but do not tie too tightly, and be ready to slacken them if they become painful.

For the more common fractures use the following splints :—

BROKEN WRIST OR FOREARM.—Apply a splint on the inner and one on the outer side of forearm, with the palm of the hand towards the body, thumb uppermost. Place the elbow at right angles and arm in a wide sling.

BROKEN UPPER ARM.—Apply a splint on the inner and one on the outer side of the upper arm, the outer one extending from the tip of the shoulder to the point of the elbow. Place the elbow at right angles and arm in a sling.

BROKEN COLLAR-BONE.—Raise the arm and pull shoulder backwards, then place soft pad, three inches thick, in the armpit, and bind the injured arm to the side with a broad bandage round the elbow and body.

BROKEN LOWER LEG.—Gently pull foot and bring into position, with toes pointing upwards. Apply an inner and outer splint, both extending from above the knee to beyond the foot. Bandage the sound leg to injured leg to support it.

BROKEN THIGH.—Gently pull foot and bring into position with toes pointing upwards. Apply a long outside splint, reaching from the armpit to beyond the foot, and an inner splint from the fork to below the ankle. Place a broad strip of cloth, or blanket, around the outer splint and chest and a similar strip round the hips. Bind the inner and outer splints together above and below the fracture, and just above the ankle as well. Pass a bandage around both legs and the outer splint above and below the knee and another round both feet and the outer splint.

BROKEN KNEE-CAP.—Raise the limb, keeping knee straight, and apply a splint to the back of the limb, reaching from the buttock to the heel. Secure the leg to the splint by bandages, and keep the foot well raised from the ground by resting it on an improvised support, such as a folded coat.

*(Compiled by the Medical Officer of the Health Service Bureau
of the Wesleyan and General Assurance Society).*

Better Health and Longer Life.

THE object of the Health Service Bureau is to promote better health and longer life. As opportunity arises, literature will be distributed having this object in view, and, in addition, every Policyholder is invited to regard the Society as a source of advice and information upon all matters of health and hygiene.

ARTHUR L. HUNT,

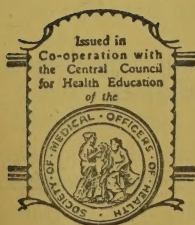
General Manager.



**Issued by the Health Service Bureau,
WESLEYAN & GENERAL ASSURANCE SOCIETY,
BIRMINGHAM.**

Influenza.

Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.



Influenza.

Facts concerning previous epidemics.

There were four epidemics during the last century. One of these epidemics followed the previous one so closely that there was only about three years' interval between them. During these epidemics nearly half of the inhabitants were attacked. Influenza is frequently followed by serious complications, such as pneumonia, etc., which cause so many deaths, that every precaution should be taken to avoid the disease. Many other illnesses, such as bronchitis, consumption, etc., owe their origin to an attack of influenza. To show the seriousness of these epidemics it may be mentioned that the number of deaths due to the epidemic in England and Wales during 1918 was roughly 140,000.

Special precautions to be taken during an epidemic.

1. Avoid overcrowded public places. Such as cinemas, theatres, trams and trains, because influenza is very contagious and spreads with great rapidity.
2. Avoid infected houses and people.
3. Infection takes place through the nose and mouth. Keep the mouth and teeth clean with use of antiseptic mouth-washes. Gargle the throat frequently with antiseptic gargles.
4. Avoid stuffy, overheated atmospheres in office, factory and bedroom.
5. Avoid too rapid cooling of the body after work or exercise; and so prevent a chill.
6. One attack of influenza does not necessarily protect you from a subsequent one—therefore take every care to avoid re-infection.

Care of the general health during an epidemic.

1. Protect your health. If you take care of your general health you will be much less liable to catch the disease.
2. Fresh air and ventilation. Keep your bedroom, office and factory windows open night and day and spend as much time out-of-doors as possible.
3. Cleanliness. Especially keep the hands clean. Telephone mouth-pieces should be frequently wiped with an antiseptic solution. All utensils used for an influenza patient should be kept separate and boiled after use.

Care of a Case of Influenza.

In order to avoid serious complications, such as pneumonia.

1. Isolation. The patient should be in bed, in a separate room.
2. Avoid draughts and chilling of the body. If perspiration is marked, frequent changes of the garments are necessary.
3. Arrange for medical aid, As complications are serious, and should be properly treated when they arise.
4. Remain in bed—on a fluid diet—until all fever has disappeared.
5. Take care of your general health, during convalescence, and avoid fatigue.

How to avoid spread of infection to others.

1. Avoid sneezing and coughing, as far as possible, and cover the nose and mouth during same.
2. All sputum should be collected on clean strips of linen and burnt.
3. Remain indoors. Avoid coming into contact with more persons of the household than is necessary.
4. Old persons especially should be guarded against all sources of infection.

SOME HEALTH MAXIMS.

Sunlight is the greatest antiseptic known—
and the cheapest.

In legend, fire is the great purifier—burn all
refuse.

Keep your windows open and let good health
come in.

A health thought a day keeps the doctor away.

Windows are made to open—Doors to shut.

Two health virtues—regularity and modera-
tion.



Issued by the Health Service Bureau
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Birmingham.



*Kill that
Fly!*

—if you don't it may
kill you!

The House-fly and its relation to Health and Disease.

It is no longer possible to ignore the House-fly. Scientists carrying on experimental work in lessening or exterminating disease and premature death, students of vital statistics, medical officers of health, all these have publicly stated without contradiction that the truly shocking rate of infant mortality in summer is principally due to disease germs carried by the House-fly. The diseases directly due to the agency of this enemy of the human race are not confined to infants, although it is these little defenceless creatures who pay the fullest penalty for the negligence and apathy of their natural protectors.

The completion of the Panama Canal seemed hopeless because of the loss of life due to malaria and yellow fever. Scientists proved that the malaria-carrying mosquito could be exterminated; with the practical extinction of the mosquito the engineering difficulties were soon overcome and the work accomplished.

The House-fly might be similarly vanquished. The mosquito stabs, and so conveys disease germs to the blood. The House-fly cannot bite, but, breeding and feeding in manure, dustbin garbage, and, in fact, any filthy, decaying matter, it carries in its stomach and on its hairy legs and feet disease germs to our food. A housewife would feel ashamed if a flea were found in her house, and yet she will tolerate a score of House-flies carrying thousands of disease germs. It is indisputable that House-flies carry death and disease, and it is equally indisputable that these disease carriers could be exterminated.

What ought to be done.

Children should be taught, both at home and at school, that the apparently harmless House-fly is nearly always laden with disease germs invisible to the naked eye.

Children should be taught that as one House-fly might be the means of bringing into the world a million House-flies in one summer, THAT ONE House-fly should be killed without delay.

Housewives should burn all vegetable and animal refuse, and should see that sanitary bins have close-fitting lids. No food should be exposed to House-flies; muslin covers weighted with beads are easily made to protect the milk jug and sugar basin, the bread and butter, fruit, etc.

Householders should see that stable manure is not allowed to accumulate near dwelling houses. If House-flies are very numerous the danger signal is obvious, and the Medical Officer of Health or Sanitary Inspector should be asked to investigate.

Every man, woman and child can use a wire Fly "swatter." Every house should have Fly traps, gauze globes, sticky papers, anything, in fact, that catches or destroys Flies.

Shopkeepers who expose food, especially cooked food, sweets, etc., to contamination by Flies should be avoided.

Spread the knowledge that House-flies are a positive danger to life and health. Start a campaign against House-flies. Rats eat our food, but HOUSE-FLIES POISON IT.

It is cheaper to kill House-flies than to cure the evils they cause.

SOME HEALTH MAXIMS.

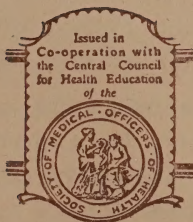
Attack is the best method of defence—kill that
fly !

Good food requires good cooking.

Light is Life—Darkness—Death.

A lot of men cling to life and issue invitations
to death daily.

You've a will of your own and teeth of your
own—make use of both.



Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.

3,000,000
WEEKS
OF WORK

LOST
ANNUALLY

— TO THE —
INSURED POPULATION ALONE
: THROUGH :

RHEUMATISM!

Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society.
Birmingham.

What is Rheumatism?

RHEUMATISM is the term used to indicate a large number of complaints, which vary markedly in their symptoms and course. Some are ACUTE, others CHRONIC. In some the joints are affected, in others muscles, nerves and other tissues.

ACUTE Rheumatism is more frequently spoken of as Rheumatic Fever.

CHRONIC Rheumatism is spoken of under many terms according to its position or the tissue attacked. There are two factors in relation to Rheumatism of great importance which are only very imperfectly realized.

The first is its prevalence.

It has been stated in official publications that of the sick benefit paid out by Approved Societies yearly, £2,000,000 is on account of Rheumatic Diseases.

The mortality from the same cause amounts to 4,000 per annum. Also a large proportion of the 60,000 deaths yearly recorded as due to HEART DISEASE are the end result of Rheumatic infection.

The second factor is the seriousness of the after effects

of Acute Rheumatism, to which so many children fall victims.

Reference has been made above to HEART DISEASE. Unless the "Rheumaticky" child is most carefully looked after, it is extremely likely to be affected in this way, and a condition of chronic invalidism established. By this phrase is meant the inability to live a normal active life, the lack of the ordinary powers of endurance and effort, the liability to exhaustion, in fact, as is too often the case, the inability to earn a satisfactory living.

St. Vitus' Dance, or to give the condition its technical name, CHOREA.

This is really Brain Rheumatism. Most people have seen a child suffering from this complaint, and will realize not merely that it entails great distress and suffering, but also what a hindrance it is to the physical and mental development of the child.

What causes Rheumatism ?

At the present time little can be said with certainty in answer to this question, but it is occupying all the time, energy and ability of a large number of trained scientific researchers.

There is, however, general agreement that in its acute form it is the result of microbic infection, and that

inflamed tonsils, decayed teeth and unhealthy gums are often the bases from which the germs attack the joints and the heart.

Attention should also be paid to discharge from any organ in the body in relation to Rheumatic infection. The poison may enter the system in this way.

Exposure, errors in diet, inadequate and inefficient clothing particularly in the matter of boots, badly-built houses, especially ill-ventilated, damp, sleeping accommodation, are all factors in the causation of this disease.

Warning signs of Rheumatism.

Sore throat, "Growing Pains," small painful lumps on the joints and bones, stiff neck, headache, pains in side or stomach, nervous movements, fever, etc. If any of these symptoms are present consult your Doctor.

To avoid heart complications, or, if these are already established, it is essential that a considerable period of rest, preferably in country air, with good food and clothing, and careful watching should be allowed.

What can be done to guard against the disease ?

GOOD FOOD — GOOD CLOTHES — GOOD HOUSES.

This seems to be a counsel of perfection, but the truth is that to eradicate the disease, these are essential. Possibly damp houses and rooms, and faulty clothing are responsible to a greater degree than anything else for the prevalence of this disease. Keep a careful look for unhealthy tonsils and teeth, and when these occur consult the Doctor or the Dentist as to their treatment.

One word of warning as to the child who has had "Rheumatic Fever." Let the Doctor periodically examine the heart, and, when the time comes for the boy or girl to go out to work, consult him (the Doctor) as to a suitable occupation. Many a boy's heart has been irretrievably ruined by being subjected to undue strain owing to an occupation involving too great a physical effort having been chosen.

Treatment.

Where available, various kinds of baths, etc., are made use of, but it is essentially the function of the Doctor to decide, after careful examination of each particular case, on the treatment most suitable to it.

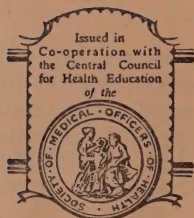
CONSULT YOUR DOCTOR and do not delay doing so until he has little or no chance of doing you any good.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“Health is the greatest of all possessions,
and it is a maxim with me that a hale cobbler is
a better man than a sick King.” *Bickerstaff.*

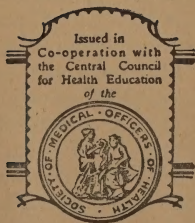
“For life is not to live, but to be well.”
Martial.

“Health and good humour are to the human
body, like sunshine to vegetation.” *Marsillon.*



Tonsils and Adenoids.

Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.



Tonsils and Adenoids.

If you look inside the mouth, you will immediately recognise the tonsils, on either side of the root of the tongue, forming a sort of gateway to the back of the nose. The adenoids (small cauliflower-like bodies) are out of sight and can only be seen with the aid of a special mirror.

These tissues, which consist of numerous small "fighting" cells, act as a first line of defence against the attack of disease germs, and provided they are not over-worked, they perform their function well. *They form an outpost guarding the approach to the nose, ears and other organs from bacteria present in the air breathed.*

If they had only occasional bacteria to deal with, little harm would result, but in ill-ventilated slums, and in the smoke-laden atmosphere of our towns and cities are found not only disease germs, but also irritant particles and gases of all kinds, the struggle with which throws an insupportable burden on the tonsils, as a result of which they gradually become enlarged and ultimately succumb to disease. Thus, the tissues which were intended to protect the body become themselves sources of ill-health. They may become so large that they obstruct the air passages. The child will from that moment begin to show the signs of deficient air supply.

THE RESULT OF THIS DEFICIENT AIR SUPPLY MAY BE VERY SERIOUS.

The bacteria attacking the tonsils find there an admirable ground for their rapid increase in numbers and also an excellent base for further operations. This fact will soon be seen by the inflammation spreading to other parts. The glands in the neck, those strings of small lumps seen and felt in between the edges of muscles so frequently amongst children, become affected. Inflammation of all the air passages may follow, inflammation of the ear, deafness, etc.

MOUTH BREATHING.

Another result of the enlarged condition of the tonsils and adenoids and one which has far-reaching consequences, is that the child becomes what is known as a "MOUTH BREATHING." We were intended to breathe through the nose, but if the back portion of the nose is blocked up by adenoids and enlarged tonsils the child will naturally take in the air through the mouth. If breathing is effected through the nose the bacteria present in the air will have to pass a sort of filter which is not present in the mouth, and which serves to prevent the ingress of the germs to the air passages.

WARNING SIGNS.

Frequent occurrence of "colds." The habit of snuffling. The child sleeps with its mouth open and snores. A change in the appearance of the child, it becomes dull, stands and looks at objects with its mouth open, and is frequently observed to hold its hands to its head. Glands appear in the neck.

MEANS OF PREVENTION.

- (1) Fresh air, not only in the daytime but also at night.
- (2) The child should be inured to sleeping with open windows all the year round.
- (3) Prevent the child from sleeping with its head under the blankets.
- (4) Check any tendency to mouth breathing, and teach the child to breathe through the nose. Mouth breathing is in some cases a habit which is developed even when there is no nasal obstruction to favour it. See that the child's diet is such that its jaws are duly exercised, that every meal has a good proportion of food of a hard nature, which requires mastication. The action of the jaws assists the proper development of the hard palate and prevents the floor of the nose from becoming contracted.

MOUTH CLEANLINESS.

The more regularly the mouth is cleaned and the more thoroughly this is done the less likely will the germs be to find a suitable home in the tonsils. It is most important that the toothbrush habit should be developed young, and it is quite wrong to think that because a child is going to lose its first teeth it is unnecessary for them to be cleaned. If the first teeth are allowed to decay, the second set will suffer. After the teeth have been cleaned, the mouth should be thoroughly well rinsed and gargling with clean water as a regular habit is advisable.

TREATMENT.

In the event of the tonsils becoming enlarged and ulcerated or inflamed, *recourse to the advice of the medical man should be had without delay.* It must be impressed upon parents that diseased tonsils may be the first step to serious ill-health, heart disease, rheumatism and countless other complaints. In many cases these complaints owe their origin to the fact that the tonsils have formed such an excellent base for the operations of germs of all descriptions. As to whether the slight operation involved in their removal should be undergone is a question upon which the advice of the Doctor should be taken.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“Health is so necessary to all the duties as well as the pleasures of life, that the crime of squandering it is equal to the folly.” *Dr. Johnson.*

“He who overlooks a healthy spot for his house is mad, and ought to be handed over to the care of his relations and friends.”

Varro. De Re Rustica 1.2.

“Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught,
The wise on exercise depend,
God never made his work for men to mend.”

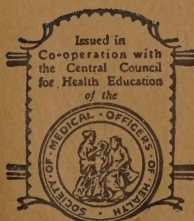
John Dryden.



Issued by the Health Service Bureau
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Measles.

Issued by the Health Service Bureau
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Birmingham.



Measles.

Facts concerning the disease.

It is a very contagious and dangerous fever.

As a cause of death it stands first among the acute illnesses of children. In England and Wales in 1909, there were 12,600 deaths from Measles. Measles is always present in towns, and epidemics arise, as a rule, once in every two years. These epidemics usually commence at the fall of the year, and reach their height in the early spring.

Early signs of Measles.

At first the child shows symptoms of a feverish cold, with sneezing, running at the eyes and nose, redness of the eyes and eye-lids, whilst the skin feels a little hot. At the onset, therefore, the disease may be mistaken for a "cold," but it is during this early period that others are liable to be infected, especially if the child, at this time, is sent to school or allowed to play with other children.

In two or three days the above-mentioned signs increase in intensity and the skin becomes very hot, whilst on the fourth day a rash appears in the form of red spots, massed into blotches, on the forehead and the rest of the face, and soon spreads down over the whole body.

Precautions to be taken to prevent spread of infection to others.

1. When the first signs of measles appear (especially during an epidemic, or if the child has been recently in contact with others who have, in the meantime, developed the disease) the child should be kept away from school, and isolated in a well-ventilated room.

2. The secretions of the mouth and nose should be collected on clean strips of linen and burned. Infection is mainly spread by coughing, sneezing, talking, etc.
3. Only the person who is nursing the patient should enter the sick-room, and all utensils, clothes and toys used by the patient should be kept separate.
4. The sick-room should be well-ventilated and dust removed daily with a damp cloth.
5. Infants under 2-3 years of age particularly (since the death rate is highest at this age) who have not been exposed to infection should be carefully looked after during an epidemic.
6. When an epidemic is in progress, gatherings of mothers and infants should not be held.

How to avoid complications.

The complications of measles are particularly dangerous, and they render it one of the most serious diseases of children. Especially is this true in the case of the young child, *i.e.*, the younger the child the greater the danger from this disease, and, therefore, to postpone measles is often to save life. The common complications of measles are bronchitis and pneumonia (which have a high mortality), also the ears may become inflamed causing loss of hearing, as well as a persistent ear discharge, and the kidneys may also become involved, producing in some cases chronic kidney disease in later life.

These serious after-effects, which often arise when the child is recovering from measles, can be prevented by care in strictly adhering to the directions given by the Medical Attendant. Convalescence from measles is the most DANGEROUS STAGE—for in this weakened condition the above-mentioned complications frequently arise; and consumption also is, then, most liable to appear.

SOME HEALTH MAXIMS.

Sunlight is the greatest antiseptic known—
and the cheapest.

In legend, fire is the great purifier—burn all
refuse.

Keep your windows open and let good health
come in.

A health thought a day keeps the doctor away.

Windows are made to open—Doors to shut.

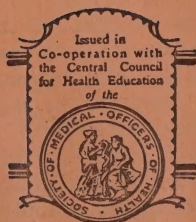
Two health virtues—regularity and modera-
tion.



Issued by the Health Service Bureau
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Birmingham.

Scarlet Fever.

Issued by the Health Service Bureau
of the
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Scarlet Fever.

Infection. Scarlet fever is a disease which may be dangerous not only to the sufferer, but also to others on account of its infectious character.

Whilst the risk of infecting others is great throughout the illness, it is at its highest during the first week.

The infection is carried mainly by the breath, and by the discharges of the throat, nose and ears. Until all such discharges have ceased the patient may, although convalescent, still infect others.

Onset. In a typical case the onset is rapid. Besides a general feeling of being unwell, three symptoms are specially important, viz., *sore throat, headache, vomiting*. There is usually fever and within 24 hours of being attacked a brick red rash appears on the chest, neck, upper arm, trunk, fore-arm and leg, generally in this order.

The face is brightly flushed, except round the mouth where the skin is pale.

The tongue is at first thickly coated, but after the third day it is clean and raw looking.

But one or other of these features may be absent, and in children the attack is sometimes so mild that it may be overlooked.

Isolation (this is of the very highest importance).

Treatment in an isolation hospital is by far the best method, but if the patient has to be kept at home every possible precaution must be taken.

The patient must be kept apart and only the nurse allowed to enter the sick room.

Separate washing and eating utensils must be kept for the use of the patient and these should be sterilized after use by being boiled.

All cleansing of clothes, etc., must be done quite apart from the general washing.

Particular care should be taken to destroy or disinfect all discharges from the mouth, nose or ears. Those parts of the bed-clothing such as pillow-cases, sheets, which are liable to be soiled by discharges, should receive special attention.

The furniture of the sick-room should be reduced to a minimum. All curtains, carpets, bed hangings and unnecessary drapings should be removed and disinfected.

Disinfection.

Fresh Air. Assure the thorough ventilation of the room by leaving the window open and having a fire burning.

Sunlight. See that there is no hindrance to the access of sunlight to the room, which can be avoided.

Collect all discharges, saliva, etc., on pieces of rag, and burn them immediately. All dust, as collected, should be burnt.

It is a wise precaution to keep a bath or some such receptacle containing water to which has been added some disinfectant, in which all dirty linen, etc., can be placed until it is washed.

Boiling is one of the best ways of disinfecting linen and underclothes.

Recovery stages of the Disease.

The stage of convalescence is one of great importance, and the directions of the Medical Attendant as to treatment of the patient must be most carefully adhered to.

A number of other complaints are apt to follow scarlet fever unless this is done and immediate attention should be given to discharges from the ear, etc.

Do not permit contact with other children until the Doctor gives permission, and as soon as this is authorised, steps should be taken to thoroughly disinfect the room, which the patient has occupied.

SOME HEALTH MAXIMS.

Attack is the best method of defence—kill that fly!

Good food requires good cooking.

Preserved food means, food—not your health—preserved

A lot of men cling to life and issue invitations to death daily.

You've a will of your own and teeth of your own—make use of both.

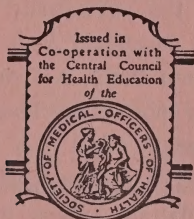


Issued by the Health Service Bureau
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Birmingham.

The Whys & Hows of Diet.

Nº 1.

First Thoughts.



Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.

Some Thoughts on Food

This leaflet is the first of a series dealing with the subject of nutrition and is intended to bring to the notice of our readers certain broad principles which will prove a safe basis on which to construct sound ideas on the subject.

But firstly the importance of the subject, if any improvement in the National Health is to be obtained, must be recognised. The human body has often been likened to a machine, but it must be admitted it is a very long suffering one.

That it is so abused, is probably due to the fact that the vast majority of people know little concerning it and unfortunately in many cases, care even less. A vast amount of disease is preventable and amongst these preventable diseases a large proportion can be prevented by the bestowal of a little knowledge and a little care on the question of Diet.

In the case of a sewing machine, a bicycle, a motor car, care is taken to keep it supplied with lubricant, and due regard paid to the adjustment of its various parts, but how much more necessary is it to take such care in the case of the human body, a "machine" which is far more complicated, far more marvellous than any mechanical contrivance the human mind has ever conceived. The human body consists of innumerable cells of infinitesimal size grouped into different tissues and organs, each with its own composition and its own functions. These all require nutriment suitable to that function and to that composition. Hence it will be understood that to secure all the elements required a variety of sources must be available.

It will also be understood that the knowledge of these cells, tissues, organs, functions, has only been gradually acquired and is still incomplete and that this accounts in great measure for the often differing recommendations made by authorities on the subject.

The nation owes much to the scientists engaged on research work, who are constantly, though slowly, by observation and experiment, wresting from Nature, secrets, the knowledge of which means so much to human progress. And in doing so they are frequently handicapped by the inadequacy of the resources placed at their disposal by the nation.

The following general principles can be laid down for the guidance of those desirous of doing their duty by their bodies.

Let your diet be as varied as your means permit.

Satisfy your natural appetite but avoid excess.

Within reasonable limits eat what pleases your palate and make your meals a real pleasure.

Practise regularity in your meal times.

Have regard to the condition of your teeth.

Cultivate regularity in the matter of evacuation.



SOME THOUGHTS OF HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

**"They are as sick that surfeit with too much,
as they that starve with nothing."**

Shakespeare, "Merchant of Venice."

**"Health and good estate of body are above all
gold."**

Ecclesiasticus 30.15.

**"The health of the people is really the founda-
tion upon which all their happiness and all their
powers as a state depend."**

Benjamin Disraeli, Earl of Beaconsfield.



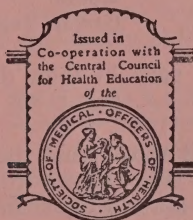
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The Whys & Hows of Diet.

Nº 2.

**What our Foodstuffs consist of
(1).**

**PROTEINS, CARBOHYDRATES
FATS, ROUGHAGE.**



Issued by the Health Service Bureau
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Birmingham.

The food we eat for the purpose of providing the body with the nutriment it requires, is composed of certain groups of substances which may be classified as follows :—

Proteins	Fats
Carbohydrates	Roughage
Salts	Water
Vitamins	

In this leaflet we will consider these groups with the exception of the last three, which are the subjects of a separate leaflet.

PROTEINS.

These are highly complex bodies, which enter into the constitution of every cell and therefore of every tissue in the body. Consequently the body must be able to absorb from the food the substances necessary to them to enable its cells to build up the proteins of which, they in part, consist.

The sources of these substances are partly animal—

Meat
Milk
Eggs
Cheese
Fish, etc.

partly vegetable—

Cereals
Pulses (peas, beans, etc.)
Potatoes
Rice
Roots
Green Vegetables.

These proteins vary in their dietetic value very considerably.

It has been said above, that the cells must be supplied with the substances they require to build up their proteins. The proteins are not absorbed as such.

In the course of digestion the proteins present in the food are split up into other bodies known as Amino-Acids. Different tissues require different Amino-Acids for this purpose. Now some proteins contain a greater variety of Amino-Acids than others, and a protein containing a larger assortment of Amino-Acids has a greater food value than one containing a smaller variety.

In this way proteins can be graded. Whilst the proteins of meat are found to have a higher value than those of vegetables, the best source of proteins is undoubtedly to be had from a mixed animal and vegetable diet.

FATS.

The fats are the chief source of heat producing foods and are to be found in most foodstuffs.

As in the cases of all other foodstuffs Fat is complementary to Proteins, Sugars, etc., and an excess will have unpleasant result. Without an admixture of starch or sugar, a fatty diet will cause "Biliousness."

In addition to the above advantages Fat is the vehicle for important vitamins.

CARBOHYDRATES.

The main purpose of the Carbohydrates is to furnish the source of Muscular Energy, and to assist in the combustion of the Fats.

The most important ones are Starch and Sugar.

Starches are contained in a very large number of cereals (wheat, etc.), seeds (peas, beans, etc.), roots (carrots, etc.) and tubers (potatoes and artichokes).

In the course of digestion, the starch is acted on by the digestive juices and changed into a sugar known as grape sugar and absorbed as such by the intestine.

Sugars. This group of Carbohydrates comprises cane sugar (obtained from sugar cane or sugar beet)—Grape Sugar (contained in fruits and honey)—Lactose or Milk Sugar and Malt Sugar (present in Malted Barley).

ROUGHAGE

Is a term applied to certain indigestible portions of oatmeal, green vegetables, salads, wholemeal bread and fruits, particularly figs, dates, prunes, etc. It provides a stimulus to the large bowel particularly necessary to those living a sedentary life. In these the bowel becomes slack and constipation ensues, with the consequent absorption of poisons generated by the microbes, which thrive and multiply on the stagnant food remains contained in the bowel. This absorption causes a general derangement of the system, which greatly reduces its power of resisting disease.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“A healthy body is the guest chamber of the soul; a sick, it's prison.” *Bacon, Valetudo.*

“Better keep weel, than make weel.”
Scottish Proverb.

“Look to your health, and if you have it praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.”
Izaak Walton, “The Angler's Wish.”



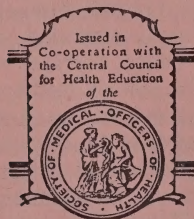
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The Why's & How's of Diet.

Nº 3.

What our Foodstuffs consist of
(2).

**SALTS, WATER,
VITAMINS.**



Issued by the Health Service Bureau
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Wesleyan and General Assurance Society,
Birmingham.

SALTS.

In recent times a greater importance has been attributed to the simple mineral constituents of the diet than was formerly the case.

There are various so-called Deficiency diseases of which Rickets may be given as an example, and these diseases are due to the absence or deficiency of some substance, often a mineral salt in the diet.

The important mineral constituents are the following :—

Calcium. Required by every tissue in the body, especially the bones and the teeth. Rickets is due to a deficiency of Calcium (Lime). It is required by the blood which without it will not clot. The heart will not beat, the muscles will not work, and the clotting of milk in the stomach, which is necessary to enable it to be digested cannot take place without the Calcium.

SOURCE. Cheese, Eggs, Milk, Oatmeal.

Phosphorus In the form of Phosphoric Acid is an essential constituent of bones and teeth and all the cells and tissues of the body, particularly nervous tissue.

SOURCE. Milk, Cheese, Eggs, Oatmeal, etc.

Iron. Is needed to enable the blood to carry oxygen from the lungs to the tissues.

SOURCE. Meat, Eggs, Whole Meal, some green vegetables.

Chlorine. Is present in all tissues of the body and consequently an essential constituent of the diet.

SOURCE. Common Salt.

Iodine. Is required particularly by one organ, the thyroid gland situated in the neck. The function of this organ is to control the combustion of food in the body and to influence the growth and changes of the body more especially before the stage of adult life is reached. If this organ is diseased or defective, very serious consequences may follow, mental and physical development may be stunted. The necessary iodine is obtained from sea air, salt, when obtained from sea water, certain vegetables (onions), fish, and cod liver oil. In case of doubt, iodised salt can be used.

In connection with the mineral contents of the diet, it should be remembered that if the foods taken yield on combustion in the body acid waste products, a great deal of work is thrown upon the kidneys whose function it is to get rid of them. Herein lies one of the great values of vegetables in the diet, for they yield basic residues on combustion.

To summarise the question of mineral contents the diet must furnish, it will be seen that we get **Calcium** from cheese, eggs, milk, oatmeal, vegetables ; **Phosphorus** from cheese, eggs, meats, milk, oatmeal, green vegetables ; **Iron** from egg yolk, meat, whole meal, green vegetables ; **Chlorine** from table salt ; **Iodine** from fish, iodised salt.

For practical purposes it is hardly necessary to discuss the amounts of each mineral salt required. If the diet contains cheese, milk, eggs, meat, oatmeal, green vegetables, salad, salt, the body will obtain the supplies it requires. Green vegetables play a very important part, and there is one point in this connection to be borne in mind.

Let them be cooked in very little water so that the soluble salts are not "cooked out" and lost. Steaming is preferable to boiling as a means of cooking vegetables.

WATER.

The body requires an adequate supply of water, approximately two quarts per day. This, of course, is present in all foods in varying proportions, and can be supplied in the form of milk, tea and other drinks.

VITAMINS.

This has become a very popular word nowadays and the history of these substances has a great interest for all who study the question of diet.

Very many years ago (about 1757), it was found that if sailors, on long voyages, were kept without fresh vegetables, they developed Scurvy, and that the disease was rapidly cured by the inclusion of limes, other fruits or fresh vegetables in the diet. Obviously these latter contained some substance or substances which prevented Scurvy, and these assumed substances became known as accessory food factors. Their presence in the diet ensures the requisite chemical reactions taking place, whilst they themselves remain unaltered. A great deal of research work has been done, largely by our own countrymen, chief amongst whom should be remembered Sir Gowland Hopkins, and innumerable experiments, mainly on mice and rats, have been carried out before the definite facts have been established.

The above named scientist gave these bodies the title "Accessory food factors," meaning that they were accessory to the proteins, fats, carbohydrates, salts and water, which we have already discussed. This name has been abandoned for that of Vitamins.

So far four Vitamins, or four groups of Vitamins, named A, B, C and D have been discovered.

- A. Promotes growth and prevents Rickets.
- B. Builds up Protein and prevents Beri-Beri.
- C. Prevents Scurvy.
- D. Promotes growth and prevents Rickets.

In leaflet 4 of this Series entitled "A Square Meal," will be found a chart in which the sources of these Vitamins will be found.

Suffice it here to say, that if the diet includes butter, egg yolk, whole meal, cereal products, fresh fruits (particularly oranges), raw green vegetables (salads), and when these are not available cooked vegetables, meat, fats, and milk, the requisite Vitamins will be obtained.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“Man’s rich with little, were his judgment
true; Nature is frugal, and her wants are few.”

Young (1683-1765).

“The fate of a nation has often depended on the
good or bad digestion of a Prime Minister.”

Voltaire.

“Thou chiefest good,
Bestow’d by Heaven, but seldom under-
stood.”

Lucan.

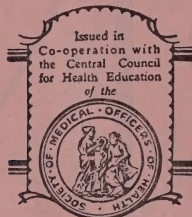


Issued by the Health Service Bureau
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The Whys & Hows of Diet.

Nº4.

A Square
Meal.



Issued by the Health Service Bureau
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A SQUARE MEAL

YOUR DAILY DIET SHOULD CONTAIN SUBSTANCES
OF EACH OF THESE GROUPS.

VITAMIN A Growth Promoting &
Rickets Preventing found in

I. Cod Liver Oil,

II. Butter, Egg Yolk, Liver,

Beef Fat, Green Vegetables

III. Mutton Fat,

Milk,

Herring,

Mackerel

I PROTEINS

Body Building— Growth Replacements.

GOOD— Meat, Milk, Cheese, Eggs, Fish.

POOR— Vegetable Proteins.

VITAMIN B for building up of Protein
and Anti Beri-Beri

I Yeast, Marmite

Wholemeal Cereal Products

II Dried Peas, Beans, Lentils,

Egg Yolk, Liver, Heart, Brains,

Pancreas, Kidney, Nuts,

III Root Vegetables

Potato,

II FATS

Supply HEAT (CALORIES) and Energy— Fats of Meat.

(Mutton, Beef etc.) Fish, Milk and its Products.

III

CARBOHYDRATES

Supply ENERGY & assist in Combustion of Fats. *Starches*—Cereals, Tubers, Seeds, Grains.

Sugars—Cane Sugar, Beet Sugar, Grape, Sugar.

IV

ROUGHAGE

Promotion of Activity of the Large Bowel. Indigestible Fibres of Vegetables & Fruits.

V

SALTS

Fresh Fruit,
especially

Oranges,

Tomatoes,

Raw Green Vegetables

Raspberry, Peach,

Blackberry

Other Fruits, Cooked Green

Vegetables, Potatoes, Swede Turnips.

VITAMIN 'C'

Anti-Scurvy.

Calcium—Required by every Tissue in Body. (I) Cheese (II) Egg Yolk (III) Milk (IV) Oatmeal.

Some Vegetables.

Phosphorous—Required by Tissues, especially Nerves. I. Cheese. II. Meats. III. Egg Yolk.

IV Milk. V. Oatmeal & Some Vegetables.

Iron—Required by Blood. I. Egg Yolk. II. Meat. III. Whole Meal. IV. Oatmeal.

V. Spinach. *Chlorine*—Common Salt. *Iodine*—from Air Iodised Salt.

VITAMIN 'D'

Growth Promoting. Rickets Preventing

VI. WATER

This chart is based on a diagram designed by R. H. A. Plimmer Esq. D. Sc. Professor of Chemistry in the University of London.

Hunger is the call of the body for means by which it can be enabled to carry out its functions.

It is food, which the body requires for this purpose.

In what way can the food enable the organs and tissues of the body to carry out their functions ?

1. By providing for growth and increase of the cells.
2. By providing matter for repairs of damaged and worn out tissues—Depreciation.
3. By the provision of heat.
4. By providing for the combustion of materials to form energy to enable the muscular tissues to act.
5. By providing certain food elements known as vitamins which largely affect the well-being and due development of the body.

The chart printed on the inside of this leaflet shows the various classes of foodstuffs, and the parts they play in the nutrition of the body.

In connection with this chart there are two points of great importance to be remembered.

1. In order that the diet should be complete, that is, able to provide the body with the material it requires, it must contain representatives of each class of foodstuff.
2. These representatives must be present in their proper proportions.

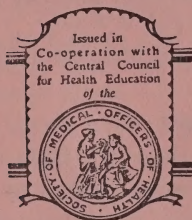
The Diet will then be balanced.

Further information on these questions will be found in other leaflets in this series.

The Why's & How's of Diet.

Nº 5.

Points on Buying



Issued by the Health Service Bureau
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Birmingham.

Shopping is an art. It can be acquired.

Do's and Dont's for Buyers :—

Keep a shopping list. Mark on it everything that you have bought.

Keep accurate accounts.

Buy the freshest materials.

Keep up to date with market prices.

Choose shops where there is a brisk trade—there is generally a reason for it.

Don't ask for credit—cash payments are best.

Let the Buyer be Wary :—

Prices vary with markets and seasons. Watch the advertisements in your daily paper.

Compare the prices of one shop with another and let the tradesmen know that you are doing it.

There is an old saying, "Let the buyer beware." You should make a new one—"Let the tradesman take trouble."

Meat :—

Good meat has no odour. It is firm and elastic to the touch.

If the meat looks wet and flabby and the fat has a jellified appearance you are being offered inferior meat.

Pork should have a smooth rind. Pork is in season in the months that have an "R" in them. Beef and mutton are in season all the year round.

Fish :—

The flesh must be firm and the gills red. If the flesh has a bluish tinge the fish is stale.

Do not buy fish out of season. It is unwholesome and expensive.

Vegetables and Fruit :—

Make sure that these are fresh and ripe.

Root vegetables must be firm to the touch.

In green vegetables the leaves and pods must be crisp and should crack sharply when bent.

Never buy over-ripe fruit.

Dairy Produce :—

You may get skimmed milk for puddings and sauces, but—

Your children **must** have whole milk for nourishment.

Salt butter is cheaper than fresh butter and keeps better.

The best quality margarine may be used as a substitute for butter.

Cheaper quality margarine will do for cooking.

Always see that you get Full Value for your Money :—

Cheapness is not economy.

If you buy a cheap cut of meat make sure that you are not paying too much for bones and fat.

Buying cheap sausages is an expensive way of buying bread. Cheap sausages are liable to contain unwholesome scraps of every kind.

Avoid cheap eggs. If English fresh eggs are too dear buy fresh Danish.

The “ Save-Time ” Foods :—

Do not buy cooked foods. They are seldom the best materials and they are not good value for your money. Your own cooking is more appetising.

Damaged tins may harbour germs and cause poisoning.

If you must buy tinned foods get only the well-known brands.

Clean Food Ensures Health :—

Do **not** buy your meat from a butcher who exposes his meat in an open window.

Every loaf of bread should be wrapped up.

Milk should be delivered in a sealed bottle.

Remember when Storing :—

Keep your tea, coffee and biscuits in tins.

Keep your dried fruits in stone jars.

Buy your rice, sago, tapioca and other grains in small quantities. They should never be stored for long or a small maggot will form in them.

Keep your cheese with a piece of greased paper over the cut surface.

If bacon or ham is to be kept for any length of time roll it in brown paper.

Buy your soap and candles and store them some time before you use them. They will harden and go farther.

A Clever Housewife :—

Realises that good food is her Capital.

Invests her money in wise marketing.

Is a shareholder in the profits of good health.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

**"Gold that buys Health can never be ill spent,
nor hours laid out in harmless merriment."**

John Webster.

**"Food, improperly taken, not only produces
original diseases but affords those that are
already engendered both matter and substance
so that, let the father of disease be what it may,
Intemperance is certainly its mother."**

Burton.

**"Eat and drink measurely, and defy the
mediciners."**

English Proverb.

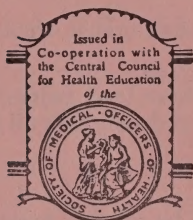


Issued by the Health Service Bureau
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The Whys & Hows of Diet.

Nº6.

Hints for the Cook



Issued by the Health Service Bureau
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A Good Cook Saves Doctor's Bills.

The body is like a machine which requires stoking and running repairs. Remember this when choosing your meals. Sugar, Flour, Fat and Starch are good for stoking ; Meat, Fish, Eggs, Milk and Cheese will do the repairs. But you must choose wisely and cook well. Buy good materials and offer the right variety and you will keep the family fit.

Avoid Last-minute Cooking.

It never saves time, money or temper. You cannot prepare a nourishing meal in five minutes. You cannot get full value out of your food without time and thought.

Hurried cooking toughens meat and makes all food difficult to digest.

Plan Economically.

Think ahead—thought always saves money. Decide what you will have for dinner to-morrow ; it will help with your shopping to-day.

A FEW HINTS.

(a) Soups :—

Use stock made from bones and meat trimmings. Do not use water.

Put in plenty of fresh vegetables—carrots, turnips, onions. They give nourishment and make the soup tasty.

(b) Fish :—

Give your family fish. It is wholesome and will often take the place of meat.

Herrings are the best food value. Cod, Haddock and Whiting are digestible and they will all fry better than meat.

(c) Meat :—

Cheap cuts should be stewed, boiled or steamed. They are generally tough and require long, slow cooking. The better cuts can be roasted or fried.

(d) Vegetables :—

Green vegetables purify the blood. Give your children as much of them as they will eat.

Never over-cook greens.

Never under-cook root vegetables.

(N.B.—Salt, pepper and mustard not only add flavour but aid digestion.)

(e) Puddings and Fruit :—

Eat fruit every day. Eat it raw or eat it stewed.

In winter eat suet puddings—they give heat.

Eat milk puddings all the year round—they are nourishing.

How to Store Food :—

Keep food in a cool place. Never leave it exposed to the air. Even in the cleanest rooms the air is full of dust which will settle on the food and make it unwholesome.

Joints will keep longer if hung from the ceiling or shelf. Cover with a piece of butter muslin.

Never let raw meat lie in its own juice. Prop it up with a wooden spoon to allow the air to circulate round it.

Milk must be covered but not too closely. Keep a piece of clean muslin over the mouth of the jug.

Cover butter and margarine with a cloth. In hot weather keep this moist.

Remember—

A well-cooked meal, cleanly and neatly served, creates appetite.

Second helpings are a compliment to the cook.

Healthy appetites mean healthy bodies. Healthy bodies mean happy homes.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

"Diet cures more than the lancet." *Cervantes.*

"I think you might dispense with half your doctors, if you would only consult Doctor Sun more, and be more under the treatment of these great hydropathic doctors, the clouds." *Beecher.*

"Use Three Physicians—

Still—first	Dr. Quiet,
next	Dr. Merryman,
and	Dr. Dyet."

Regimen Sanitatis Salernitanum.

"Joy, temperance and repose,
Slam the door on the doctor's nose."

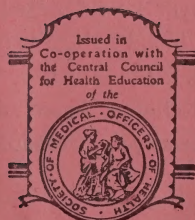
Longfellow.



Issued by the Health Service Bureau
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Birmingham.

Cancer.

Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.



Cancer.

The first thing to be said on the subject of cancer is

Do not be afraid of it.

Statistics show that there are many more cases of cancer now than formerly, and many more deaths from it, yet we say

Do not fear it.

To a considerable extent these figures can be explained. Nowadays people live longer and thus many more reach the "Cancer Age" (usually 50 and over), and, consequently, many more are liable to the disease.

The cause of cancer is unknown, Cancer has been attributed to many causes but when these have been investigated they have failed to fulfil the conditions required. It is commonly believed that cancer is hereditary. There is no satisfactory reason for believing this to be so. Very often individuals live in a perfect dread of the disease because a parent has suffered from it. There is no satisfactory evidence that cancer is a result of the absence, presence or excess of any particular constituent of the diet. Likewise, the suggestion that the disease is infectious is not supported by adequate evidence. One certain fact about cancer is that it frequently follows on chronic and prolonged irritation. As examples of this chronic irritation may be cited sores produced by broken or jagged teeth (or tooth plates) or by smoking a pipe with a rough or hot stem.

WARNING SIGNS.

The occurrence of any persistent swelling or lump, particularly in the breast, requires investigation and treatment. Do not neglect them because they are painless. Most cancers ARE painless in the early stages.

Persistent indigestion.

Chronic constipation, Diarrhoea.

Piles should never be neglected.

The passage of blood in the urine may be a warning of importance.

Bleeding or discharge (from unwonted parts of the body) especially in women.

STAGES.

Cancer, if untreated, is a steadily progressive disease, the earliest stage of which may be a chronic inflammation. At its commencement the disease is generally localised to a definite area from which extension, which may be rapid, takes place. Therefore, the earlier appropriate treatment is undertaken, the better the prospect of cure.

In its later stages, when considerable extension has taken place, the possibility of cure is remote. Experience shows that in a considerable proportion of instances patients delay seeking medical advice, although aware perhaps for years of an abnormality, until all prospect of cure has vanished. All the Doctor can do then is to alleviate the pain, which now probably accompanies the growth of the tumour.

TREATMENT.

This must be left in the hands of the trained surgeon. In some cases radiological treatment may be advisable, in others extirpation by operation is indicated, but the sufferer must rely on the expert to decide. The great thing is to give him a fair chance of success by going to him early.

PERIODICAL MEDICAL EXAMINATION.

If everyone underwent a thorough medical examination once a year, there can be no question but that the *mortality from cancer would be greatly diminished*, because warning signs would be discovered and measures taken to ward off the threat. Where it was too late to ward the disease off and it was already established, its severity could be modified because it would be discovered earlier, and for the same reason it could be more frequently cured.

Avoid anything giving rise to chronic irritation.

Do not neglect any chronic inflammation, however trifling. See your Doctor.

Be thoroughly overhauled once a year, and give the Doctor a chance of discovering some warning sign.

Do not fear the disease, but fight it early.

GIVE THE SURGEON A FAIR CHANCE.

SOME HEALTH MAXIMS.

Sunlight is the greatest antiseptic known—
and the cheapest.

In legend, fire is the great purifier—burn all
refuse.

Keep your windows open and let good health
come in.

A health thought a day keeps the doctor away.

Windows are made to open—Doors to shut.

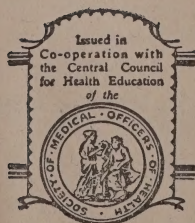
Two health virtues—regularity and modera-
tion.



Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.

Infantile Diarrhoea.

Issued by the Health Service Bureau
of the
Wesleyan and General Assurance Society,
Birmingham.



Infantile Diarrhoea.

Factors causing diarrhoea in children.

1. The Age of the Child is important.

The largest number of cases occur just after the nursing period, and the greatest number of fatal cases arise between the ages of six months and one year. This is the dangerous period, especially when it coincides with the summer months.

2. The Diet is frequently at fault.

Diarrhoea is most often seen in artificially-fed infants—hence the need for pure milk. It is most prevalent amongst bottle-fed infants where the milk used is poor in quality and quantity and where condensed milk has been employed, and also where indigestible solid food has been given to the child. Do not give the infant tea, coffee, syrups, unripe fruit or solid food!

3. The Season of the Year has a marked influence upon the prevalence of infantile diarrhoea—the number of deaths from this cause rises in May and reaches a maximum in the month of July.

4. Germs—the most frequent cause.

Infantile diarrhoea is a serious illness; especially in the case of infants under a year old.

It is most frequently caused by germs contaminating the food, feeding-bottles, “dummies,” etc.

Prevention.

There is no doubt that the majority of these cases can easily be prevented.

During the summer months a frequent cause of illness is the effect of the hot weather upon the food the infant takes, *e.g.*, milk, etc.

Always bear in mind that there is no better food for babies than Mother's Milk—therefore do not wean the baby until the proper time comes, unless you are obliged to do so, because the breast-fed baby is very much less liable to diarrhoea, during the hot weather, than is the bottle-fed baby.

In the latter case it is essential to employ absolute cleanliness in the preparation of the feeding-bottles, food, etc.

The child should have plenty of air-space, with as much sunlight and fresh air as possible.

Keep the bedroom windows wide open day and night. *Cleanliness* is very important. The feeding bottles, bottle brushes, etc., must be boiled each day, and every precaution taken to keep them germ-free. The *house-fly* often brings germs to the baby's food, bottle, lips, etc. Therefore it is one of the worst enemies in the home and should be rigorously kept in check.

Milk in our large cities should be pasteurized. Always keep it covered and in a cool place.

All *Water* which is given to the child, either with or between its food, should be boiled.

Treatment.

If the baby is sick—stop feeding it at once and give it water instead, whilst in the meantime send for a doctor. In all severe cases medical aid should be obtained as soon as possible, since early recovery depends upon prompt treatment.

Remember that plenty of fresh air, sleep, regular feeding, care of all food, clean dry clothes to wear, and as much cool boiled water to drink as is required, will protect the baby during the dangerous period of the summer months.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“Health is so necessary to all the duties as well as the pleasures of life, that the crime of squandering it is equal to the folly.” *Dr. Johnson.*

“He who overlooks a healthy spot for his house is mad, and ought to be handed over to the care of his relations and friends.”

Varro. De Re Rustica l.2.

“Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught,
The wise on exercise depend,
God never made his work for men to mend.”

John Dryden.

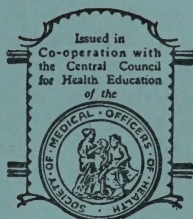


Issued by the Health Service Bureau
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Birmingham.

THE AIR WE BREATHE

Nº 1

The Air and its Pollution



Issued by the Health Service Bureau
of the
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Birmingham.

The Air We Breathe.

One of the essential factors in the attainment and maintenance of a reasonable standard of good health and the capacity to resist disease, is the provision of an adequate supply of pure air.

This problem is not simply an individual one, for whilst the individual householder can see that all precautions are taken to ensure the adequate ventilation of his own house, the burden of ensuring that the street in which that individual householder lives has its supply of pure air, lies with the local authorities to which the community entrusts its civic administration. This the latter achieves by means of town planning, clearance schemes and smoke abatement measures.

Why Pure Air is necessary to the human body.

It is well known that the blood in the lung extracts oxygen from the air breathed into the lungs on inspiration, and transports it to the tissues of the body, which require it to perform their several functions. On expiration carbonic acid is given off. This carbonic acid is a waste substance, which has been brought from the tissues to the lungs by the venous blood stream.

It is therefore important that the air breathed should be pure.

It is also necessary that there should be a free circulation of fresh air for another and perhaps more important reason.

The human body requires to lose heat by evaporation and radiation from the surface of the skin, and it will be within the experience of most persons that in a crowded room where the temperature and moisture of the air reaches a high point and where inadequate ventilation causes a stagnant atmosphere, a feeling of lassitude and drowsiness, headache and discomfort is induced. This is due to the inability of the body to lose heat by radiation and evaporation from the skin owing to the absence of movement of air around, and by the fact that the body temperature and that of the air surrounding are too nearly the same, instead of that of the surrounding air being markedly the lower.

How the Air is Contaminated.

Let us now consider the causes by which the air becomes polluted.

1. By respiration.

Continued occupation of overcrowded, ill-ventilated rooms in which the air attains a high temperature and an excessive degree of moisture, brings about a lowered state of health and energy and a diminished power of resistance to disease.

Where some of the occupants are victims of complaints of the nose, throat and lungs, and in consequence cough and sneeze, germs may be present in the air which, being inhaled, infect the other occupants.

An unpleasant and unhealthy aspect of overcrowded rooms is the odour from the bodies and clothing of the occupants.

2. Combustion of Coal, Gas, Oil, etc.

The damage done to the health of the inhabitants of large towns by the vitiation of the air due to the burning of coal is very great and arises not only from the breathing in of harmful solid particles, but also from the obliteration of the sunlight so essential to the healthy development of animal and vegetable life. Apart from this is the material damage to crops, buildings, etc., amounting to enormous sums estimated in some districts to be as high as £1 per head of the population per annum.

3. Other sources of contamination of the air arise from the putrefaction of animal and vegetable matter, and from certain industrial processes.

4. Dust.

The air in houses is also vitiated by the presence of dust. This is produced by wear and tear of articles in domestic use mixed with soot and ashes from fires, lamps and gas burners, whilst some finds its way in from outside. This consists largely of organic refuse and contains germs which in some cases are very harmful.

POINTS TO BEAR IN MIND.

Pure Air is necessary for the maintenance of Health.

The Body requires to lose heat from the Skin.

The Air is contaminated from sources both inside and outside the dwelling house.

By respiration.

The results of combustion of Coal, Gas, Oil, etc.

By the putrefaction of Animal and Vegetable matter.

By certain industrial processes.

By Dust.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

To one who has been long in city pent,
'Tis very sweet to look into the fair
And open face of heaven—to breathe a prayer
Full in the smile of the blue firmament.

—*Keats.*
Sonnet XIV. L.1.

Sickness seizes the body from bad ventilation.

—*Ovid Ars Amatoria.*

I did commend the black-oppressing humour to the
most wholesome physic of thy health-giving air.

—*Shakespeare.*
“Love’s Labour Lost.” 1. 1. 236.

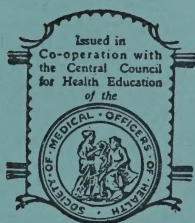


Issued by the Health Service Bureau
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THE AIR WE BREATHE

Nº 2

Ventilation



Issued by the Health Service Bureau
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Birmingham.

The Air We Breathe.

Ventilation.

We must appreciate the fact that ventilation or the provision of an adequate supply of air fit for human beings to breathe concerns a town or district as such, as well as the individual dwelling houses. The opening of windows, for example, is not much use if the air admitted is rendered impure by the congestion of streets, excessive belching forth of smoke from domestic and factory chimneys, or by the putrefaction of neglected heaps of animal or vegetable refuse.

The contamination by coal, gas, oil, etc., referred to in the last leaflet can be dealt with by the local authorities by means of smoke abatement schemes and town and regional planning schemes, and the carrying out of slum area clearance, as rapidly as circumstances permit, but the householder can assist these authorities in two ways, firstly, by urging upon the local authority the initiation of such schemes and supporting them in their carrying out; secondly, by the adoption of electricity, gas or smokeless fuel for the purposes of heating and cooking.

Until this practice is universal, the pure air problem in towns and industrial areas cannot be solved, for in many districts the domestic chimney is responsible for more air pollution than the industrial chimney.

There are certain natural agents of ventilation to be considered.

1. The winds propel air onwards and thus keep it in motion and also take a very important part in the ventilation of inhabited houses in the following way. When wind passes over a chimney top or ventilating tube, it causes the air pressure within them to fall and causes a current of air upwards to rectify that fall, thus air is drawn out of the house and fresh air drawn in through windows, crevices and any open passage to replace the air which has been extracted.

The ventilation of buildings is largely effected by the use of this action of the winds. A very important agent in ventilation is the fact that masses of air of unequal temperature have a different weight.

When air is heated it expands. A given volume of hot air is lighter, therefore, than an equal volume of cold air. The result is that the heated air rises and cold air enters to fill up the space.

For this reason in a room an exit for used air should be placed high up.

Rain assists in maintaining a supply of pure air by carrying with it impurities present in the air either in the form of gas or solid matter.

Sunlight.

A consideration of this subject would be incomplete without a reference to the action of sunlight.

Firstly, because it exercises a direct effect by setting up currents of air.

Secondly, because of the immense damage to health both in animal and vegetable life, which is caused by the excessive air pollution, which occurs in towns and cities.

Sunlight is of immense importance to human beings as a promoter of health and as a means of prevention of disease.

It is in congested town areas in crowded narrow streets which the sunlight never penetrates that rickets, diseases of the chest and other complaints flourish, and the pollution of the air deprives us of much of its beneficent action.

Draughts.

Whilst it is important that ample provision for the replacement of vitiated by fresh air in a room should be made, the dangers of a thorough draught should not be lost sight of. The effect of this is to stimulate the skin so that the small blood vessels contract and the blood is driven inwards. The skin is left cold and the internal organs congested. Thus are "chills" caused and the body is rendered less resistant to germs, particularly in the air passages.

REMEMBER

The air in rooms should be cool, dry and in motion.

Dust should be, by scrupulous cleanliness, kept to a minimum.

Refuse should not be allowed to accumulate.

Air should be allowed to escape from a room by way of the fireplace and chimney.

Excessive draughts should be avoided.

The use of gas, electricity or smokeless fuel for heating and cooking would reduce air pollution immensely.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

Loud wind, strong wind,
Sweeping o'er the mountains,
Fresh wind, free wind, blowing from the sea,
Pour forth thy vials like streams from airy mountains.
Draughts of life to me.

—*D. M. Mulock*

And holds belief that being brought into the open air,
It would allay the burning quality of that fell poison.

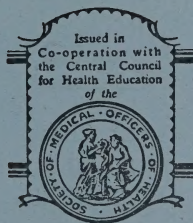
—*Shakespeare.*

“King John,” v. 7. 7.



Issued by the Health Service Bureau
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The Common Cold.



Issued by the Health Service Bureau
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The Common Cold.

Only a cold ! Yes, it is often, almost usually, considered a trifling inconvenience to the sufferer that may be allowed to run its course and be "got over." But the common cold is the cause of immense economic loss to the country, the pre-runner (when neglected) of a great deal of disease of the bronchial tracts and lungs, and of subsequent ill-health. It is well, therefore, to take all reasonable precautions against this "trifling" complaint, which so often leads on to other and more dangerous conditions.

What is a Cold ?

A cold is the result of the invasion of the nose and throat by germs. The mucus membrane or lining of these passages becomes inflamed as a result of the effort of the cells to resist the invaders. The effect of that is the well-known "stuffed up" feeling in the nose and head and the secretion of fluid, and we have reached the "nose blowing" stage. At first this secretion is thin, watery, but when the germs are getting the upper hand it becomes thicker and sometimes disagreeable in odour. The conflict between the germs and the tissues goes on and if the former are the more powerful the germs will multiply and invade surrounding tissues such as the bronchial tubes (bronchitis) or lungs (pneumonia).

How do you Catch Cold ?

It may be that you catch a cold by means of direct infection from another sufferer. In a crowded, stuffy room or vehicle one individual coughs or sneezes. A number of germs are thus discharged into the atmosphere, breathed in by those around him, who may become infected in this way.

Again, a person in a poor state of health, whose powers of resistance are at a low ebb, may become infected by inhaling dust containing the germs which bring about this condition.

Prevention.

As in the case of the vast majority of diseases the best way to avoid a "cold" (catarrh of nose and throat) is to maintain your body in a state of health. By doing this you will provide the tissues attacked with greater powers of resistance and give them a better chance of defeating the invaders.

It is not enough to think of the prevention of disease. That is what may be termed "negative" health. What should be aimed at is the maintenance of a permanent state of good health, of a body equipped to resist all attacks from whatever quarter they may come. This is "positive" health.

The factors contributing to this condition include the following :—

Food.

Keep your body well nourished by a diet varied and containing the necessary ingredients in their proper proportions. (See leaflets, " The Whys and Hows of Diet.")

Sleep.

Adequate rest in a cool fresh atmosphere. Partly open windows are necessary to achieve this condition.

Exercise.

Reasonable exercise, if possible in the open air. Details can be found in leaflets on " Exercise."

Ventilation.

Avoid as far as possible crowded rooms, vehicles, etc., when an epidemic is about. Rooms should have an adequate supply of fresh air, not too warm and frequently changed.

Clothes.

These should be comfortable, not too heavy. It is better to put on extra wraps when going out than to wear very heavy clothing indoors. It is important that feet should be kept dry and warm. Look to your footwear.

Cleanliness.

Personal cleanliness is important. Hands especially should be frequently washed and care taken to cleanse the teeth regularly twice a day. The skin can be trained to stand changes in temperature by frequent bathing and exposure to sunlight.

Avoid Mouth Breathing.

The breathing should be done through the nose, which is provided with fine hairs, whose function it is to trap the infecting germs.

Should, however, you fall a victim to the " cold " germs, then if possible rest indoors, preferably in bed. A hot bath, additional blankets and a hot drink will cause you to perspire and help you to rid yourself of the cold. Medicine should not be taken without the advice of a doctor. This applies very strongly to the use of a nasal douche, which may damage the lining of the nose having the fine hairs referred to above, and may also cause the infection to spread.

In view of the seriousness of the conditions which all too frequently result from a " cold," the doctor should be called in unless prompt recovery follows the adoption of such measures as are outlined above.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

“He who has health has hope, and he who has hope, has everything.” *Arabian Proverb.*

“Physic, for the most part, is nothing else but the substitute of exercise and temperance.” *Addison.*

“What a searching preacher of self command is the varying phenomenon of health.” *Emerson.*

“The common ingredients of health and long life are: great temperance, open air, easy labour, little care.” *Sir P. Sidney.*

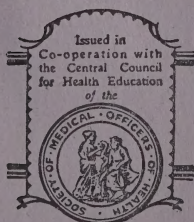


Issued by the Health Service Bureau
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*HAS YOUR CHILD
A SORE THROAT?*

Beware of Diphtheria.

Issued by the Health Service Bureau
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Wesleyan and General Assurance Society,
Birmingham.



Diphtheria.

If neglected, diphtheria is a very dangerous disease affecting the nose and throat.

It is due to the diphtheria germ and is very "catching." The after-effects of this disease may be very serious.

How it is caught. It spreads from child to child rapidly and may be caught by one child using the same cups, spoons, forks, handkerchiefs, towels, etc., as another who has the complaint, or by inhaling the breath of anyone suffering from the disease.

How to Protect Your Child. See that your child avoids contact with others affected by the disease, and in particular uses no pencils, pens etc., belonging to other children, they are apt to put them in their mouths. Keep all rooms well aired, particularly bedrooms.

A gargle with a dilute solution of hydrogen peroxide or some other **mouth** disinfectant is useful, but tell your chemist what you require it for.

Look after your children's general health and pay special attention to cleanliness and food.

All children are not equally susceptible to diphtheria. A simple, safe and efficient method has recently been devised of distinguishing those children who are most liable to contract the infection and of protecting them against it. For information with regard to this procedure, apply to your own Doctor or to the Local Medical Officer of Health.

**AT THE VERY FIRST SIGN OF A SORE THROAT
CALL IN THE DOCTOR.**

TO GET THE PROPER TREATMENT EARLY IS OF THE UTMOST IMPORTANCE.

Antitoxin is the only effective cure for diphtheria, and should be used early, if possible on the first day of the illness. Delay may be dangerous. The remedy is absolutely harmless.

Before the days of antitoxin the death-rate from this disease was very high.

Therefore call in the Doctor early.

HOW TO TAKE CARE OF THE SICK CHILD.

Keep the child in a room apart. To assure it plenty of fresh air choose a light airy room.

Let no one, except the person nursing the child, come into the room.

Take care to boil all articles such as cups, glasses, spoons, etc., used for eating or drinking by the child affected, every time after use

Keep the room as far as possible free from dust. Remove all unnecessary furniture, particularly dusty cushions. Washable lino is much better as floor-covering of a sick room than carpets. Only light curtains should be allowed. Heavy ones keep out sunlight and harbour dust.

Burn all refuse from the sick room and keep separate vessels for storing food, such as milk jugs, and do the cooking necessary for the invalid separately.

Do not let the child get up until the Doctor gives permission.

Act promptly on the first suspicion and call in the Doctor.

DELAY MAY BE FATAL.

SOME HEALTH MAXIMS.

Attack is the best method of defence—kill that fly!

Good food requires good cooking.

Preserved food means, food—not your health—preserved

A lot of men cling to life and issue invitations to death daily.

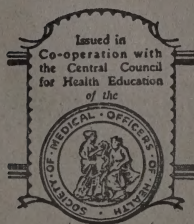
You've a will of your own and teeth of your own—make use of both.



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Wesleyan and General Assurance Society,
Birmingham.

Whooping Cough

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Whooping Cough.

This is a very infectious disease which is especially dangerous to children, and, in fact, is one of the more fatal diseases of early child-life, particularly when it closely follows upon other diseases such as measles, for then it is liable to start some physical or mental degeneration.

Its occurrence amongst grown-ups, however, is not unknown.

Onset of the disease.

The child will have a slight cold with feverish symptoms. There will be some running at the nose and eyes, and a cough. The eyes may be slightly congested.

After some time has elapsed the SECOND STAGE, sometimes known as the SPASMODIC STAGE, occurs.

Fits of coughing at shorter and shorter intervals take place, probably these become worse at night. The eyes are usually congested or bloodshot. The face goes red, the veins stand out, and to all appearances the child is suffocating.

The strain of the coughing may cause bleeding of the nose and ears.

Then comes the characteristic Whoop, which is really caused by the child drawing in his breath. This will generally be found to relieve the coughing for a time until the next bout takes place.

One feature often present during these attacks is that the child vomits—sometimes profusely. The coughing will probably end in the patient bringing up stringy phlegm in small or large quantities.

It is perfectly clear that the suffering undergone by the child and the efforts made to relieve the condition cause great weakness.

THIS LAST FACT IS ONE WHICH SHOULD BE CAREFULLY BORNE IN MIND.

REMEMBER this disease is highly infectious throughout its whole course, and isolation is essential.

What you should do.

As soon as the first symptoms described on the opposite page are recognised, **CALL IN THE DOCTOR**, and **ISOLATE** the child. On no account must playing and mixing with other children be allowed. Not only is the child's own life endangered by this neglect of proper precautions, but the lives of others are risked also.

The child must be put to bed and kept at rest in a well-ventilated room, from which all superfluous furniture, dust-concealing carpets and curtains, etc., have been removed.

Pieces of rag should be provided for wiping the nose and mouth, and these and all matter vomited up must be **BURNT**.

Food.

As the child becomes weak from the fits of coughing, light, nourishing, easily-digested food is required. The advice of the Doctor should be sought on this point, but he will probably advise that foods such as egg and milk should be given in small quantities at short intervals.

AN IMPORTANT POINT is that separate cups, glasses and such utensils should be kept for the sole use of the invalid.

Clothing

Should be light, warm and loose, so as not to interfere with the chest and abdominal movements.

Summary.

Isolate the child until the Doctor says it is not necessary to do so longer.

Keep him in a warm, well-ventilated dust-free room.

Dress the child in warm, loose, light clothing.

Give light easily-digested food.

Absolute rest in the early stages renders the fits of coughing much less severe and frequent.

ABOVE ALL, CALL IN THE DOCTOR WHEN THE FIRST SIGNS OF WHOOPING COUGH APPEAR.

SOME THOUGHTS ON HEALTH CULLED
FROM AUTHORS OF BYGONE DAYS.

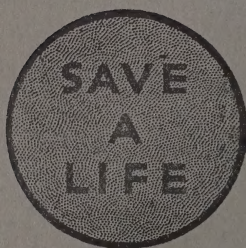
“Health is so necessary to all the duties as well as the pleasures of life, that the crime of squandering it is equal to the folly.” *Dr. Johnson.*

“He who overlooks a healthy spot for his house is mad, and ought to be handed over to the care of his relations and friends.”

Varro. De Re Rustica 1.2.

“Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught,
The wise on exercise depend,
God never made his work for men to mend.”

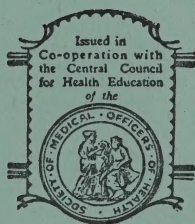
John Dryden.



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Exercise

*Why & How
we should take it*



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WHY WE SHOULD TAKE EXERCISE.

The object of exercise is to maintain the various tissues in the body in a condition favourable to the adequate performance of their function. As an example let us cite the blood and the organs through which it passes, the heart and blood vessels. What is their main function? To carry nutriment from the stomach and small intestine to every cell in the body, and to carry the waste products to the organs designed to get rid of them, and to take the oxygen supply inhaled by the lungs to the tissues, and the carbon dioxide from the tissues to the lungs for expulsion.

Many people pay enormous attention to putting the right food in the right quantities into their stomachs, and think all is well, but that is not sufficient. That nutriment has to be carried and propelled to the cells in the uttermost parts of the body, and to effect this transfer satisfactorily, the blood stream must flow easily and normally. To ensure this, the heart, which is largely muscular in structure, must contract rhythmically and forcefully. If the muscles of the heart and of the body generally are flabby or loaded with fat, they will not contract as they should do. As a consequence of this, not only is the flow of blood to all the organs and tissues sluggish, but also the carriage of waste products by the veins to the organs provided to get rid of them is impeded, and the circulation of blood and all other bodily functions including nutrition are interfered with. Exercise both prevents such an unhealthy condition occurring, and is an excellent remedy should this condition already be established.

A few words must be said about the lungs, their function and the relation of exercise to it. The lungs, when well expanded, draw in large amounts of air; the blood vessels, very small and with very thin walls are in close contact with the lung tissue, and the air comes into intimate relationship with them. In the blood (arterial) there is a substance named Haemoglobin, which has the faculty of taking up and combining with itself the oxygen in the air. This is one of the most important factors in the nutrition of the tissues of the body to which the blood transfers the oxygen. At the same time, the blood in the small veins contains a waste product, Carbon Dioxide (CO_2) and this is passed from the blood (venous) to the air in the lungs and expelled from the body in the breath given out or expired.

This action, the inspiration of air, rich in oxygen, and the expiration of air rich in Carbon Dioxide is effected by the co-ordinated action of several groups of muscles. Those attached to the ribs, breast bone, spinal column, shoulder blades, collar bone, the muscles of the abdomen.

The expulsion of waste matter from the bowels and bladder is also the result of muscular action. It will therefore be obvious that the maintenance of the muscles in a good condition (tone) is of great importance to the attainment of a condition of "fitness" by the individual.

This can be effected by the co-ordinated use of muscles, the promotion of deep breathing and the elimination of superfluous fat, all of which are to be attained by exercise.

HOW WE SHOULD TAKE EXERCISE.

Games, especially "Team Games," Football, Cricket, Hockey, Cross Country Running, are valuable for young people, because they bring into play numerous groups of muscles and have the additional advantage of a beneficent effect on the character.

But here we are more concerned with the physical results of varying forms of exercise. Our object should be to bring into play as many groups of muscles as possible.

Bicycling is a good exercise, but care must be taken not to contract the lungs by a crouching posture.

Rowing is especially good for the abdominal and chest muscles, whilst swimming is very valuable, exercising as it does all the muscles of the body. For middle aged people, debarred in many cases from more strenuous activities, golf is an excellent form of exercise.

For a large number of people, walking to and from work and a weekly game at Football, Cricket, Hockey, Lawn Tennis, etc., is often the most their circumstances permit them to enjoy, and whilst these all fulfil the requirements set forth above, it is obvious that the exercise thus obtained is not sufficient to maintain the body in a healthy condition and that what is required for this purpose is daily exercise.

It sometimes occurs that special circumstances arise to be dealt with, such as poor chest development and the consequent deficient inflation of the lungs, or a tendency to obesity, or chronic constipation, when special attention must be given to exercise of the chest and abdominal wall muscles.

Again, many people are, by their occupations, prevented from taking regular recreation as described above, therefore some other form of physical exercise is desirable, and our next leaflet will set forth some simple series of movements which can be done by anyone.

POINTS TO BE REMEMBERED.

All exercise should be taken in the open air, in sunlight where possible, or at least with windows wide open to ensure the inhalation of fresh air.

Clothing should be as light and loose as possible.

When heated from exercise the body should be allowed to cool slowly.

Exercise should not be taken immediately after a heavy meal.

SOME THOUGHTS ON HEALTH
CULLED FROM AUTHORS OF BYGONE DAYS.

“Reading is to the mind, what exercise is to the body. As by the one Health is preserved, strengthened and invigorated, by the other, virtue (which is the health of the mind) is kept alive, cherished and confirmed.”

Addison—The Tatler.

“Labour is exercise continued to fatigue ; exercise is labour used only while it produces pleasure.”

Samuel Johnson.

“Unlearn'd, he knew no schoolman's subtle art.
No language, but the language of the heart,
By nature honest, by experience, wise,
Healthy by temperance and by exercise.”

Pope.

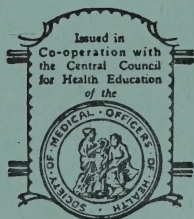
“Use legs and have legs.”

English Proverb.



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Exercises for Health



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SOME USEFUL EXERCISES.

Notes on the following List of Exercises.

Each exercise should be done briskly and repeated until mild fatigue is experienced before changing to the next.

The exercises may be repeated in order, *i.e.*, the list may be worked through more than once.

In flinging movements of Arms let the fling go through widest possible range and return naturally.

Keep Muscles as slack as possible and swing naturally. Attempt carriage of body as in sketches, and check before mirror if possible.

Abbreviations :—St.—ordinary standing position.

Astr. St.—feet astride.

Effect.	Description.
Strength.	Fig. 9.) Change legs bending and stretching alternately. Keep straight leg slightly off floor.
Back Strength.	Lie on Front, Chest and Forehead to floor. (See Fig. 10.) Raise Trunk upward. Arching between shoulders in spine.

Note on use of Furniture.

Fig. 5. Any support between shoulder and hip height will do, *e.g.*, Mantel-piece.

Fig. 7, fix feet each side of small table or small chest-of-drawers, or in any fashion to prevent slipping.

Fig. 8 and Fig. 10, fix feet beneath a drawer slightly drawn out. A cushion should be used in both exercises.

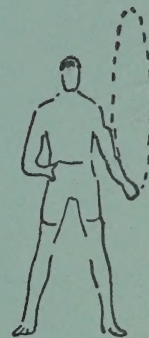


Fig. 1.



Fig. 2.

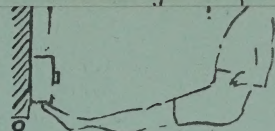
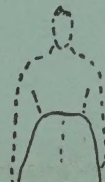


Fig. 8

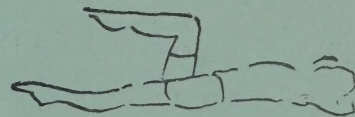


Fig. 9



Fig. 10.

SOME THOUGHTS ON HEALTH
CULLED FROM AUTHORS OF BYGONE
DAYS.

“Exercise and temperance can preserve something of our early strength even in old age.”

Cicero.

“Every faculty is conserved and increased by its appropriate exercise.”

Epicetus.

“Why do strong arms fatigue themselves with frivolous dumb bells? To dig a vineyard is a worthier exercise for men.”

Martial Epigrams.

“Everywhere in life we behold evidences of the purpose of nature to maintain perfect health in the human body and we see this purpose constantly thwarted by the indifference of men and women who place no value on health until they have lost it. To be careful costs nothing, to be sensible is inexpensive; but to be indifferent when well, costs years of suffering and money enough to buy a home. Poverty and disease never come unless invited.”

Shaftesbury.



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